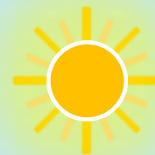
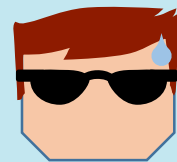




# Staying Cool On The Job



With the arrival of summer heat comes the increased risk of heat-related illnesses (HRI) for EMS providers. Common types of heat-illnesses include heat exhaustion, heat cramps, heat stroke and muscle breakdown.



## Tips For Staying Cool On The Job



**Prepare.** Check the weather prior to your shift and mitigate heat stress early.



**Protect.** Wear a hat and breathable clothing that provides you protection from the sun.



**Appropriately Hydrate.** Using water and electrolyte drinks, hydrate before, during and after your shift.



**Stock up.** Have sufficient chilled water, electrolyte drinks and ice packs on hand.



**Take Breaks.** Schedule time to rest, rehydrate, and cool-off in shade or air conditioning if possible



**Teamwork.** Look out for your fellow crew members for signs of HRI and make sure they are hydrating.